

## INSPIRATION AND ENCOURAGEMENT.

Miss Evelyn Walker, Directrice of the Association of Hygiene Sociale de l'Aisne, writes in the *Bulletin* that as long as she lives she will feel grateful for being privileged to attend the Congress at Helsingfors.

It is impossible to say in a few words how much inspiration and encouragement, how much good feeling and knowledge gained, filled the ten days in the far north.

It seems as if every man, woman and child in Finland laid themselves out to welcome and do everything they could for the Nurses from thirty-three countries who assisted at the Congress.

From the minute the boat touched dock until it pulled away again we were looked after and entertained; and the meetings were conducted with such forethought and ability, that though it was exceedingly hot nobody realised that they were tired.

Every Nurse in Finland had learned English for the occasion, and those assisting were lost in admiration of the perfect organization of this Congress of 1,800 Nurses.

What a privilege it was to see and talk with those women who are responsible for the high standards and progress of nursing all over the world.

The Directrice of the A.H.S.A. was very happy indeed to find that almost everybody knew of the work of our little Association and that everybody was anxious to hear about its progress and to wish it well.

Nineteen of the International students who had already visited at Soissons were present at this Congress. The Directrice assisted at a luncheon of the International students, and at a meeting of the "Old Internationals," of which she had been made an honorary member. And it was good to hear them ask about Soissons and their various companions there and to hear of their success in their own countries.

## THE SWEDISH NURSES' ASSOCIATION.

### CONTINUATION COURSES.

In Sweden for many years we have had the Nightingale system in our best nursing schools, and now nearly all our schools have a three years' course. But I do not intend to write of the training in the hospitals, because it is there perhaps just the same as in many other countries nowadays. Instead, I will relate something of the so-called advanced or continuation courses, which, since 1917, have been arranged six times by the Swedish Nurses' Association of 1910 (*Svensk Sjukskoterske-forening af 1910*).

All nurses who have done service as Matron or Nurse-Teacher know well that one in such a position must have more to fall back on than a simple three years' training in a hospital. And this nurse, in earlier days, had to procure for herself, most often through self-education and experience—experience gained in the course of her daily work through many a hard lesson, perhaps even through a mistake.

Properly speaking, one cannot demand that the nursing schools or the hospitals should take the responsibility for an advanced course for nurses who want to hold leading places in their profession, and so, I suppose, at least in the beginning, it must be: "Help yourself."

Through the great interest and unselfishness of a member of the Swedish Nurses' Association this organisation obtained the necessary funds for arranging continuation courses, and, as before said, such courses have been held six times during the last eight years. We have changed their duration from six weeks to half a year, and now we have stopped at three months (or three months and a half) as being the time which is most convenient for the nurses,

and which, though not the most desirable, can give an intelligent nurse good opportunities to learn the subjects which are for her of the greatest importance.

In describing the Course, I take the three and a half months' one as hitherto being, so to say, the standard course.

The first three months are devoted to theory, and the last two weeks to practical work. During the first part of the time the nurses receive classroom lessons and have different exercises; during the last part they follow, two or three in company, the Matron's daily work in a large hospital. (Once we have had the great pleasure and advantage to have three nurses in hospitals in Denmark.)

These courses, being the only ones of this kind in our country, have become very popular amongst the nurses, and have also been valued by the medical authorities and the hospitals, so that our highest medical office (The Royal State Department of Health) has procured grants from the State—of 500 kronor per capita—for ten nurses in each of the four last courses.

As teachers, we have sought to get highly qualified persons for the different subjects. Naturally, we have amongst them several doctors and nurses.

The nurses who take part in the course have to pay a sum of 50–75 kronor (about 55–80 shillings); indeed, not a high price, but it will, nevertheless, be an expensive time for the nurses, because, as a rule, they lose their usual income and have to pay for their board and lodging themselves.

Usually there are lectures three hours daily, sometimes four hours, and as the nurses have a good deal of study at home, preparation of their trial-lessons, and so on, they have their time very well engaged.

Lectures are given in the following subjects: the history of nursing, theory of education, psychology, State and community instruction, hygiene, relief of the poor and philanthropy, help-grants for the sick ones and pensions, public health and sick-nursing in the community (statutes), the Swedish nursing profession (with statutes), hospital building, hospital administration, hospital housekeeping and dietetic cooking, medicine and chemist's shop in hospitals, chemistry, knowledge of goods, ecclesiastical help in institutions, nursing ethics, political economy, social ethics, occupation of the patients and convalescents, and book-keeping.

We also have round-tables, when nurses act as chairman and secretary, and learn to make speeches and to take part in the discussion.

BERTHA WELLIN,

(Member of the Swedish Parliament,  
President, Swedish Nurses' Association.)

### NEWS FROM NEW ZEALAND.

Miss Hood, President of the New Zealand Trained Nurses' Association, in her Address to the recent meeting of its Central Council, held at Christchurch, stated that the Diploma of Nursing is now an established fact. Already a number of students are taking the course preparatory to entering the hospitals.

The following officers were appointed for the coming year:—President, Miss Macdonald, Matron, Napier Hospital; Vice-Presidents, The Presidents of the Branches; Hon. Secretary and Treasurer, Miss Inglis.

Under the new Nurses' and Midwives' Registration Act, recently passed, the Nurses' Registration Board, says *Kai Tiaki*, will include two trained nurses, nominated by the New Zealand Trained Nurses' Association.

Miss Jentie Paterson has just returned from a two months tour on the Continent for the New Zealand Government (Child Welfare Department). She found it most instructive, and no doubt those who heard her lecture on Sir Frederick Truby King's methods did the same.

[previous page](#)

[next page](#)